

# The Dog Dialogue

from Pawsitive Manners



Positive Methods. Positive Outcomes.



## ✦ Highlights ✦

### Why Use Food Rewards?

When a dog is presented with food before he is stressed by something that triggers fear in him, a positive emotional response happens.

There are circuits in the dog's brain that encourage seeking or scavenging behavior and circuits that elicit the fear response.

When you present food to your dog you turn on his 'seeker system', effectively turning off the fear. This is one reason why using food for activities such as scent work is so valuable for fearful and/or aggressive dogs.

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## LIVING WITH DOGS

### Surviving Your Dog's Teens

Two-legged kids are not the only ones to go through an awkward phase. Adolescence—usually thought of as the period from four months to two years of age, a little later for larger breeds—often feels like an honest-to-goodness teenage rebellion. Your young dog develops



selective hearing, seems to forget manners they know well, and reverts to puppyish behavior like mouthing, jumping, barking, and destructive chewing. Disheartening as such apparent setbacks can be, remember that adolescence is a phase. It, too, shall pass. Meanwhile, here are five tips for keeping your sanity intact and raising a polite, easygoing adult dog:

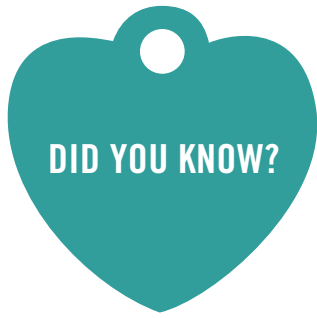
**Be consistent.** Consistency in routines, training, and expectations is key. Just like human children, young dogs do better with boundaries and rules in place.

**Use life rewards.** Dinner, treats, walks, belly rubs, play sessions, a spot on the couch—all are opportunities for manners practice. Use things your dog enjoys to reward him throughout the day for a quick practice of sit or other cues he knows. A little training all day long will help keep your dog's manners muscles flexing.

**Take a class.** Now is a great time to take training classes or engage with a private trainer to get tips and regular training time in. You wouldn't consider your human children's education finished after elementary school, right? Think of this time as junior high for your dog.

**Pile on the exercise.** The more doggie workouts you can fit in, the better behaved your dog is likely to be. Exercise is the antidote to adolescent hyperactivity. (Just consult with your vet before undertaking strenuous sports. Don't go running with your dog until he is at least 18 months old, for example, it may damage bone development.)

**"Dogs lives are too short.  
Their only fault, really."  
—Agnes Sligh Turnbull**



### These Puppy Facts?

- Puppies are born blind, deaf, and toothless, but able to smell.
- Puppies begin developing permanent teeth around the 12-week mark.
- Puppies' eyes and ears begin to open at 10 to 16 days of age.
- Puppies spend on average 14 hours of every day sleeping.
- The growth rate of puppies varies widely, depending on the size of the dog. Birth weights can multiply more than tenfold within the first 7 to 8 weeks.
- Puppies go through several developmental stages early in life: neonatal (0-2 weeks), transitional (2-4 weeks), socialization (3-12 weeks), and adolescence (6-18 months).



## A WORLD OF DOGS

### Fireworks and Dogs

4th of July is just around the corner and those who live with companion animals who are terrified of the sound of the fireworks, are looking for ways to keep their dogs calm during fireworks.



Here are 10 tips to help you with keeping your dog safe:

- Make sure your dog has been exercised well on that day
- Keep your dogs inside during fireworks, and make sure that they're not left alone at home. Bringing your dogs to a fireworks display is never a good idea.
- Provide a safe room for your dogs to stay in. When scared of sounds they can't orient, dogs often prefer a small room.
- Keep the windows and curtains closed. Removing visual stimulation can also help calm dogs.
- Make sure all your dogs are wearing ID tags with a properly fitting collar. Some dogs try to find a way out and runaway when they're scared, even if it means harming themselves in the process of finding an exit.
- Give your dog something fun to do, such as food puzzle toys stuffed with your dog's most favorite foods and treats.
- Sound Therapy: The psycho acoustically designed music of [Through a Dog's Ear](#) has been specifically designed to reduce canine anxiety and has been successfully utilized by dog lovers world-wide. It is most effective when you first play the music well before the fireworks start, at a time the dog is already feeling peaceful and relaxed.
- Sound Therapy together with Desensitization.
- Use Anxiety Wrap or Thundershirt
- Give your dog a natural calming remedy such as CBD Oil, and / or use Adaptil Calm diffuser.

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Turning on the thinking brain deactivates the emotional brain, enhancing a dog's attentiveness with positive motivation and allowing him to move into a calmer state where learning can take place.

Because food is incompatible with fear, using food treats for teaching is incredibly valuable, especially when it comes to modifying a dog's anxiety and stress.

~ Victoria Stilwell



## DOGS IN ACTION

### No Trouble with Treibball

Pronounced “try ball,” this fun dog sport was born in Germany in the mid-2000s when a Dutch hunting and herding dog trainer, Jan Nijboer, wondered if he could teach high-energy dogs to play soccer. The game boils down to getting your dog (or a team of dogs) to push large exercise balls across a field into a goal. While herding-type dogs and dogs who love chase games are natural treibball contenders, dogs of any age and breed can take part. As with all dog sports, some foundational skills are important. For treibball, it’s an advantage if your dog knows *sit*, *down*, *left*, *right*, and object targeting.



Playing the game is simple. Using cues like “center” and “drive” you guide your dog to push exercise balls into a goal with her nose (no teeth allowed). Treibball Associations have sprung up in many countries, bringing with them formal competitions. But treibball can just as easily be played recreationally at home in your backyard. It provides terrific physical and mental stimulation for your dog—and a fun time for you. In-person and online classes, YouTube videos, and books like *Get the Ball Rolling* by Dianna L. Stearns ([www.dogwise.com](http://www.dogwise.com)) are great resources to, well, get the treibball ball rolling with your dog!



## HEALTHY DOG

### Handling Your Dog’s Hearing Loss

Most senior dogs suffer some hearing loss and many eventually go deaf. When you become aware of your dog’s impaired hearing, it’s important to start making accommodations. In a multi-dog household, that may mean separating the dogs when you’re not at home, in case a younger dog takes offense at the geriatric sibling’s obliviousness to sound signals. If your dog’s sight is still decent, you can switch to communicating with hand signals. Be sure to “shout,” i.e., use larger gestures than you would with a young dog.

Buying a storm whistle—reported to be twice as loud as other mouth-blown whistles—can help with recall on walks. Alternatively, you may have to stick to on-leash walks or off-leash romps in enclosed areas where you can supervise. Your dog will be less aware of what goes on around her; she may not hear traffic, joggers, kids, or cyclists approaching, or, if she isn’t downwind, other dogs. In other words, out in the world, you will need to be your dog’s ears.

## DOG IN THE SPOTLIGHT

### Jack Russell Terrier

The Jack Russell is a high-energy terrier bred in 1800s England for fox hunting by the eponymous Reverend John Russell. The demand for hunting dogs declined dramatically post-World War II, after which Jacks increasingly found themselves as family and companion dogs.

But though their original job has shifted, their original energy levels have not, earning them nicknames like Jerk Rascal Terror. The trick to living with a JRT is exercise—lots of it. In fact, a Jack named Bothy made history as part of the 1982 Transglobe Expedition. More commonly, Jacks excel at high-energy dog sports like agility, flyball, and triebball—and most love a good game of fetch. Jacks also love to train, and are good at it, too. (Think Eddie from the TV sitcom *Frasier*!) In short, a JRT with a job is a happy JRT (and one who’s much easier to live with).

If you enjoy great company and a bit of a challenge, and are ready to provide lots of exercise and training for your best friend, search nearby shelters and rescues for a Jack in need of a home.



## Dog Friendly Summer Activities

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- Dog-Friendly Beaches
  - What a fun and relaxing way to walk with your dog where he/she can have freedom to run, play, and even socialize with other friendly dogs. Make sure that your dog has a good recall before taking him/her to off-leash beaches
- Cool off under the sprinklers
  - Playing fetch when the sprinkler are on is a great way of exercising your dog while keeping him cool on a hot summer day, given that your dog likes the water.
- Hiking
  - If you are going to an off-leash trail, then make sure that your dog has a solid Recall, a well-conditioned Leave It, and isn't very likely to chase after the wildlife. Otherwise keep him on the leash for his/her own safety.
- Agility course
  - Set up a few obstacles in the yard – think hula-hoops and sports cones – and enjoy some pet-friendly exercise. Physical activity is a great way to keep your dog in shape by strengthening their joint, muscles, and heart.
- Treasure Hunt
  - Hide some treats around the house and let your pooch sniff them out. It's a great way for them to move around when it's too hot to go outside. Plus, it lets them put their powerful nose to work.



### How To Puppy Proof Your Home

- ✓ **Your house.** Hide electrical cords. Hunt for and hide small objects your puppy can chew or choke on. Get guardrails for stairs, low windows, and balconies. Invest in mats or runners for slippery hallways. Place poisonous plants in high spots—or give them to dogless friends.
- ✓ **Your kitchen and bathroom.** Put safety latches on any cabinet with cleaning supplies or poison. Keep plastic bags out of your puppy's reach, and secure your garbage can.
- ✓ **Your yard.** Make sure your yard is escape-proof. Put a fence around your pool—or keep your puppy away from it. Make sure chemicals, fertilizers, and sharp garden tools are off-limits.
- ✓ **Always supervise.** That's indoors and out. If you can't supervise, put your puppy in a confinement/safe area with a toy.



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Live Harmoniously with Dogs

